

EAPC-East Newsletter
NR 27 – December 2004

Dear Friends,

This is the last Newsletter for this year and we will end with more positive activity reports than usual. This time coming from Lithuania, Serbia, and Croatia.

Celebration of Palliative Care Day in Lithuania

On the 10th of October Palliative Medicine Association of Lithuania celebrated Palliative Care Day. The conference took place in the 17th century hall of the college of Theology. There were about 100 representatives, invited politicians of Kaunas municipality, head physician of Kaunas region, and priests. The hall was decorated with sunflowers. In the conference participated physicians, nurses, social workers of Support Treatment Hospital and priests. It was discussed in the conference the situation of palliative care in Lithuania today and its future, the difficulties and barriers. Also, there were presentations on ethics and death culture in Lithuanian nation. During celebration our first book in Lithuanian on palliative care was presented. Each speaker received a sunflower and a new book.

Arvydas Seskevicius, Kaunas University of Medicine, Lithuania, e-mail: slaugaar@kmu.lt

Activity and progression in Serbia

In Belgrade, Serbia we also had our press conference devoted to dissemination of Council of Europe recommendations on the 11th of October. There were 12 (both TV or newspapers) representatives.

Three TV-stations had an information on it and some newspapers as well. The Booklet is nice and two organizations (multiple sclerosis association and geriatrics interest group) wrote me a letter next to these information asking for cooperation.

Our 5th Congress of Balkan Union of Oncology took part in Belgrade 14-17 October. I was co-chair for the supportive/palliative care session and had one of introductory presentations on ethics.

Our new NGO, Center for Palliative Care and Palliative Medicine Belhospice, had an idea to organize, according to Council of Europe Recommendations, our first national palliative care course. This course took place 28-30 October 2004 and was a real success with 47 participants, mostly physicians, but also nurses, social workers and psychologists. Belhospice aims to educate the professionals already working in different home care services to meet the needs of the patients and their families (not only cancer patients). We also would like to create our own home care teams educated as good as possible. Since we can not expect any money from the government, at the moment, we have to find out the way to raise the money for our activities (patients are not supposed to pay for the help).

In December the first evidence-based palliative care guidelines will be completed. The topics are: cancer pain, nausea and vomiting, dyspnoea, and we expect presentation

On the 2nd of October, Dr Snezana Bosnjak, Co-chairman of the meeting of The first Belgrade Education Symposium under the auspices of MASCC with the aim to increase awareness and applicable knowledge of supportive care and its goals and achievements also to highlight the concept of quality of life in oncology and to cover evaluation and management of common physical symptoms and to present philosophy and the key concepts of end of life care, took place. The symposium had 154 participants from Serbia and Montenegro and Bosnia & Herzegovina, Bulgaria, Greece, France, Slovenia and was also intended to inspire and motivate the audience with the best international lecturers. Topics were reviewed and

discussed by the many leading international experts willing to donate their time and experience to this symposium.

There was a press conference on CoE Rec, supportive/palliative care session during the B.U.ON Congress and first national multi-professional palliative care course.

During our course we also had a presentation of the Council of Europe Recommendations but the real presentation and dissemination of the CoE Rec for professionals will be during January and February 2005. Then conferences will be organized in 10-15 of the biggest centres in our country (involving Montenegro, as well) and our Ministry for Health and local representatives will cover the expenses for these conferences. I hope that better days are coming for the palliative care in our country!

Natasha Milisevic, E-mail. sonjamil@EUnet.yu

Croatia

In Zagreb on October 14 – 16 the Fifth symposium Hospice and palliative care - ten years from the begin of organized hospice movement in Croatia, took place. The question was: What have we done until now and how to proceed further?!

Please find the report from the symposium in both English and Croatian written by Anica Jusic, e-mail: anica.jusic@zg.htnet.hr to read and download from the web site www.eapceast.org

Summer School 2005 - Social research methods relevant to end of life care

The purpose of the Summer School is to provide an 'advanced introduction' to social research methods relevant to end of life care. The course is 'advanced' in the sense that you will be taught by expert researchers who will develop your knowledge of selected methodologies to a high level. It is also an 'introduction' in that it assumes no prior knowledge of research methods in the social sciences and is aimed at those at an early stage in developing their own research

The Summer School runs over a period of two weeks (4-15 July 2005). Week 1 focuses on a classroom -based in-depth introduction to social research methods in end of life care. In week 2 students have the opportunity for group discussions and individual tutorials focused on the development of their own research ideas and projects. The second week will also provide opportunities to work within the Observatory's resource centre, to undertake clinical and study visits and to pursue a programme of supervised private study. Attendance can be for one or two weeks. The course will take place at Lancaster University, UK, home to the International Observatory on End of Life Care and a group of social scientists with extensive experience in social research on end of life issues. Teaching faculty will include Professor David Clark, Professor Tony Gatrell, Dr Anne Grinyer, Dr Carol Thomas, Dr Michelle Winslow, The Rev Dr Michael Wright

<http://www.eolc-observatory.net/school/index.htm>

Updated manual of Palliative Care

Many of you have already seen the 2nd Edition of the [*IAHPC Manual of Palliative Care*](#) which was recently uploaded in our site. The Manual was written by two of the most dedicated IAHPC's board members, Dr's Derek Doyle and Roger Woodruff. It provides basic and useful information on the treatment of symptoms associated with advanced disease as well as ethical, spiritual and administrative issues and has already proven to be one of the most visited pages on the IAHPC website. The IAHPC Manual is available at

www.hospicecare.com/manual/IAHPCmanual.htm Please take advantage of this resource and use it in your practice and teaching activities.

Help the Hospices International grant

Last day of application January 17, 2005

Albania, Armenia, Azerbaijan, Belarus, Bulgaria, Georgia, Macedonia, Moldova, Romania, Russia, Turkey, Ukraine can apply

Please continue to the website www.helpthehospices.org.uk for further information and application forms etc.

Program book for EAPC congress in Aachen, Germany 6-10 April 2005

5th Congress der Deutschen Gesellschaft für Palliativmedizin

congress2005@ukaachen.de <http://www.eapcnet.org/Aachen2005/in/index.html>

“Good things come to those who wait”: we are pleased to announce you that the preliminary program booklet has been printed for the 9th EAPC Congress in Aachen next spring. We invite you to inform also your colleagues about our programme booklet. If interested, you can download it as pdf on our website

(<http://www.eapcnet.org/Aachen2005/scien/index.html>) or request a printed version via congress2005@ukaachen.de.

Please note that you can benefit from the early-bird-fee for registration **before January, 9th, 2005.**

We attach special value to allow to a broad range of people from different professions and countries to participate in our congress. Accordingly we have put emphasis on moderate registration fees. For example, people from eastern European countries pay 120 €early registration fee. With the EAPC-congress-ticket you also have free entrance to the German congress. More information, a complete price table and an online-order-form can be found on our website: www.eapcnet.org/aachen2005

The coming issue of the Newsletter will be distributed next year and until then we wish you all the best for the holiday season and a Happy and successful New Year.

Sylvia Sauter

Carl Johan Fürst